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MEAT SUBSTITUTES

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MEAT SUBSTITUTES

In preparing this set of recipes, the object was to provide a means for supplying wholesome and substantial meals with a minimum of labor which would, at the same time, be appetizing and inexpensive.

Next to meat, the more substantial foods are: Fish, eggs, cheese, nuts, cereals, certain vegetables; such fruits as figs, dates, raisins; also milk and cream.

These recipes are not intended as a complete cook book. A few soups, beverages, cakes, puddings, etc., are given, the ingredients of which are hearty.

It is hoped that these recipes will contribute to the happiness and attractiveness of many homes by relieving the daily menu of monotony, and to some extent, reducing the expense of the table.

All measures are level. t—teaspoon; tb—tablespoon; c—cup; nuts—English walnuts sliced; season—salt and pepper to taste; yolks—beaten yolks of eggs.

BEVERAGES

EGG NOG: Juice of 3 oranges; sweeten; add 3 eggs well beaten.

EGG LEMONADE: Dissolve ½ c sugar into 2 c boiling water; add juice 2 lemons. Just before serving, add 1 or 2 well-beaten eggs.

EGG AND MILK: 1 beaten egg, ¾ c cold milk, 1 t sugar, salt, nutmeg and vanilla to taste.

CEREAL

DATES WITH CEREAL: Add to any cooked cereal, a dozen or more dates, chopped fine. Nuts may also be added.

OATMEAL SUBSTANTIAL: 2 c cooked oatmeal, 1 egg, ½ c grated cheese; bring to boiling point; serve with cream.

RICE AND CHEESE: 1½ c cold boiled rice, ½ c cheese, 1/2 c milk, 1 tb butter. Bake 20 minutes.

RICE FONDUE: Heat 1 c boiled rice with 2 tb milk, add 4 beaten eggs, 1 c grated cheese, ½ t salt Serve on toast.

MUFFINS

HONEY BRAN MUFFINS: ½ c honey, 1 c flour, 1/3 t soda, ¼ t salt, 2 c bran, 1 tb melted butter, 1½ c milk, ¾ c chopped nuts. Bake 30 minutes in hot oven.

NUT GEMS: 1 c each, wheat flour, Graham flour, chopped nuts, milk, ½ c maple syrup, 2 t baking powder. Bake in moderate oven.

GRIDDLE CAKES: 1 pint flour, ½ t salt, 1 t soda, 1 pint sour milk or cream, 2 well-beaten eggs.

SOUP

CORN SOUP: 1 qt. milk, 1 qt. water, 1 can corn. Boil 10 minutes; season; add 2 tb butter rubbed with one of flour; stir in 2 beaten eggs, thickened with cracker crumbs.

HOTEL ASTOR SOUP: Thicken 3 c milk with 1½ tb flour, cooking thoroughly. When ready to serve, add 1 c grated cheese and season.

VEGETABLES

STUFFED TOMATO: Scoop pulp from ripe tomatoes and mix with an equal quantity of bread crumbs; season; add sliced nuts and a liberal amount of butter. Refill tomatoes; bake 25 minutes.

POTATOES SUPREME: Mash baked potatoes with butter, seasoning and a little milk in which an egg has been beaten; mix in a few sliced nuts.

MACARONI AU GRATIN: Drain boiled macaroni and cover with liberal sprinkling of grated cheese and 1 c milk. Season; bake 30 minutes.

CORN FRITTERS: 1 pint grated corn, 2 eggs, ½ c milk, ½ t salt, ½ c flour, ½ tb melted butter. Fry.

PROTEIN POTATOES: Beat well, 1 c mashed potatoes, ¼ c milk, 1 egg, ½ c grated cheese, ½ t salt. Bake in muffin tins 10 minutes.

POTATOES AND NUTS: 2 c boiled potatoes cut into cubes, ½ c nuts, ¾ c milk, 1 beaten egg. Warm through and serve.

POTATO CAKE: Mashed potato, cheese, milk, butter, salt and pepper. Proportions to taste. Bake 20 minutes.

CHEESED CELERY: Fill grooves of celery cut into 2 inch pieces with cream cheese and chopped pimentos; salt.

SPINACH ROLL: Cook 2 quarts spinach, drain and chop. Add 1 tb butter, 1 c grated cheese, salt and sufficient bread crumbs to form into a roll. Bake.

CORN SOUFFLE: Make a sauce with ¼ c flour, 2 c milk, 1 tb butter, 1 c grated cheese. Add 1 c chopped corn, 3 beaten egg-yolks, ½ t salt, 1 tb green peppers minced. Fold in whites of eggs beaten stiffly. Bake half hour.

TASTY TOAST: Dip sliced tomatoes in cracker crumbs and fry. Serve on toast.

BAKED BEANS: 2 c boiled beans, large lump butter, salt and pepper, ¼ c honey or molasses, ¼ c chopped nuts, 1 t lemon juice. Bake.

SALADS

ORIENTAL: 1 c cream cheese, 1 c nuts, 6 chopped figs, ¼ c dates. Combine with lemon juice, salt and chopped lettuce. Scatter in small balls upon lettuce with mayonnaise.

OLIVE: Mash soft cream cheese and equal parts of chopped olives and pimentos. Season and serve on lettuce with French dressing.

BANANA: Sprinkle on sliced bananas, sliced nuts and lemon juice.

CHEESE: Mash Neufchatel cheese, shape in form of robin's eggs, roll in finely chopped parsley and arrange on lettuce leaves. French dressing.

SANDWICHES

HARVARD: Neufchatel cheese, preserved ginger mixed with a little heavy cream.

POTATO: Mash boiled potatoes with yolk of hard-boiled egg and chopped nuts, salt and butter.

OYSTER: Chop oysters, slightly cooked, with hard-boiled egg; season with salt and horse-radish.

OLIVE CANAPES: Upon small pieces of toast, place equal parts of chopped olives and nuts with mayonnaise.

CHEESE: Mash American cheese, add salt, a few drops vinegar, paprika and a trifle of mustard.

CHEESE-SARDINE: Mash together sardines and American cheese with lemon juice, salt, pepper and mustard to taste.

PECAN: Mix chopped pecan nuts with strained honey in equal parts.

SWEET CHEESE: Mix honey with cream cheese.

SHELL FISH

OYSTER MACARONI: Alternate layers of cooked macaroni and oysters in buttered baking dish; season, dot with butter and sprinkle with grated cheese. Bake 20 minutes.

OYSTER SCRAMBLE: Chop 20 oysters; mix with 4 beaten eggs, 3 tb cream or milk, ½ c bread crumbs, 1 tb butter. Turn into frying-pan and stir until eggs are done.

BAKED OYSTERS: Chop onion, mushrooms and parsley, mix with grated cheese and bread crumbs; sprinkle the mixture over oysters, dot with butter and bake 6 minutes.

OYSTER CROQUETTES: Scald and chop 1 pint oysters with 1 c mashed potatoes. Add 1 tb butter, 1 t salt, ¼ t mace, ¼ c cream. Form into small rolls, dip in egg and cracker crumbs; fry.

OYSTER FRITTERS: Chop 10 oysters fine, add 2 eggs, 1 c milk, 2 c flour, seasoning. Add 1 t baking powder with sufficient flour to make a stiff batter. Fry.

CLAM FRITTERS: Chop 1 pint hard clams, add ½ the juice, 2 beaten eggs, 1½ c flour, 3 t baking powder with salt and pepper. Fry.

FISH

FISH CROQUETTES: 2 c cooked fish, yolks of 2 eggs, 1 tb parsley. 1 t lemon juice. Dip in crumbs, egg and crumbs; fry.

SCALLOPED FISH: Alternate thin layers cold cooked fish and cracker crumbs; pour over ½ c milk, 1 tb melted butter, ½ t onion juice, salt and pepper. Bake.

HOLLAND SALMON: 1 can salmon, 1 c cold potatoes cut into small cubes, 2 hard-boiled eggs chopped. Marinate with salad dressing; serve on lettuce.

SALMON DELMONICO: 4 tb butter rubbed into 1 can salmon, season, add 1 tb minced parsley, 3 tb chopped celery, 4 beaten eggs and ½ c cracker crumbs. Steam one hour.

SALMON SUPREME: Line baking dish with cold boiled rice and fill with: 1 can salmon, 2 beaten eggs, ⅓ c milk, 1 tb butter, a little salt and paprika; stir together lightly. Steam one hour; serve with tomato sauce.

EGGS

BAKED EGGS ON TOAST: Pour 1 c white sauce over 4 slices toast in baking dish; add 4 beaten eggs, 1 c grated cheese. Bake until cheese melts.

DEVILLED EGGS: Cut 4 hard-boiled eggs in half, remove yolks and mix with 1 tb olive oil, salt, pepper, mustard and vinegar. Replace in whites.

DEVILLED EGGS WITH CHEESE: Add grated cheese to the yolk mixture in above recipe.

HONEY OMELET: Pour hot strained honey over an ordinary omelet.

THYME OMELET: Fry 1 onion mixed with ½ c celery, season with thyme; add 3 beaten eggs.

CHEESE OMELET: Sprinkle grated cheese over an ordinary omelet while cooking.

GOLDEN EGGS: Upon thin layer of cracker crumbs, sprinkle crumbs of cheese; drop on 3 or 4 eggs, a little milk and grated cheese. Season; bake until eggs are set.

CREAMED EGGS: Thicken 1 c milk with 2 tb flour, add ¼ c grated cheese. When hot, pour over 3 chopped hard-boiled eggs.

CURRIED EGGS: 1 t flour, 1 t curry powder, ½ t salt, ¼ t pepper, ½ c grated cheese, 2 c cold milk. Bring to boil and pour over 6 hard-boiled eggs chopped fine.

MINCED EGGS ON TOAST: Mince 3 hard-boiled eggs, stir into 1 c milk thickened with 1 tb flour, ¼ c grated cheese, salt and pepper. Pour over small triangles of toast.

SUBSTANTIALS

CORN-MEAL CUTLETS: 2 c cornmeal mush, 1 c grated cheese, ½ c grated nuts, ½ t onion juice, ½ t salt. Dip in egg and crumbs; fry.

NUT CROQUETTES: 1 c nuts, 1 c bread crumbs, ½ c celery, 2 c cooked cereal; season and add 2 beaten eggs; fry.

BREAKFAST BALLS: 2 c fresh mashed potatoes, ½ c chopped nuts, lump of butter, 1 beaten egg; fry.

BOSTON ROAST: 1 c kidney beans mashed, ½ pound cheese, sufficient bread crumbs to form into a roll. Season; bake, basting with butter and water. Chopped onions may be added. Tomato sauce.

SUBSTANTIAL HASH: Chop 2 c cold beans, 1 boiled onion; mix well with 1 c bread crumbs and 1 raw egg. Brown in frying-pan.

PROTEID ROAST: 2 c kidney beans, ½ c chopped peanuts, ½ c bread crumbs, 1 beaten egg, ½ onion minced very fine, 1 t thyme; season; shape into a loaf; bake, basting frequently with melted butter.

VEGETABLE HASH: 1 c cabbage, ½ c potatoes, ½ c beets, ½ c carrots, 1 boiled onion (all chopped fine), ¼ c butter. Season well.

EGG RICE: 1 c boiled rice, 1 c hot milk, 1 tb butter, 2 beaten eggs. Stir all together over fire.

RICE CUTLETS: 1 c boiled rice, 1 beaten egg, ¼ c grated cheese, ¼ c nuts, 1 t onion juice, 1 tb flour, 2 t butter, ⅓ c milk. Warm through. When cool, roll in crumbs, egg and crumbs; fry.

RICE CROQUETTES: 1 c boiled rice, lump butter, 1 beaten egg; moisten with hot milk. Bring to a boil. Cool. Form into cakes, cover with cracker crumbs and fry.

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